

Abstract

- Title:** Internal motivation of adolescents in sport
- Objectives:** Check to compare emotionally and motivational processes in adolescents using questionnaires. Focus on boys and girl agend 16–18 years, specifically for secondary school students with sports and non-sports focus. Statistically processed and then Compaq the measured data, between the sexes and between schools. Then sorts the results in clear graphs and images.
- Methods:** Students' responses analyzed using questionnaires. School choice was made in secondary schools in Liberec and Prague.
- Results:** Internal motivation does not affect the propensity to exercise. Athletes do not show better results.
- Keywords:** Motivation, motive, emotion, achievement motivation, adolescent.